

Keep A Work Journal

Keep a journal of your experiences. Include your place of work, the date, length of employment, who you worked with, and the type of work involved.

- a) Did you enjoy that type of work?
- b) Did your health condition affect the way you could do your work?
- c) Did you have the work adapted/changed because of your health condition?
- d) Did you choose to tell anyone at the experience that you had a health condition?
- e) What did you tell them?
- f) What was their reaction?
- g) Did you have to make any special plans regarding your medications, treatments, diet, transportation?
- h) What did you think of the whole experience?

